

Overview

The members of the Virginia Arthritis Task Force strongly recommend that an awareness symposium is needed to reach out to Physicians, Allied Health Professionals and Community members to address arthritis as a public health issue. Arthritis is the leading cause of disabilities.



The Center for Disease Control and Prevention (CDC) reports that currently in Virginia there are 1,771,000 with doctor diagnosed arthritis and/or chronic joint symptoms, that is one out of four Virginians. The risks for Arthritis rises dramatically with age and is higher among women than men.

The purpose of this educational awareness symposium is to provide a format that will increase a basic understanding of arthritis in some of its most common forms and develop private and public partnerships to address the impact of arthritis in Virginia.

Conference Objectives

At the conclusion of this symposium, participants will have heard from experts in the field of Arthritis and be able to:

- Describe the many faces of people that are diagnosed with arthritis, and its risk factors.
- Discuss with patients accurate information regarding alternative therapies and traditional treatment options.
- Provide information concerning the current trends in surgical options, research findings and the state of future research.
- Explain the latest findings of new drug treatments, potential complications, and future research.
- Discuss how quality of life is impacted by arthritis and how to address potential challenges for both healthcare professionals and patients to discuss treatment options that improve quality of life.

Virginia
Arthritis Task Force
109 Governor Street 10th Floor
Richmond, Virginia 23219



Living Well with Arthritis: **You Can**



A 2-Day Community Education Symposium

Presented by:
The Virginia Arthritis Task Force
The Virginia Department of Health

May 21-22, 2004

Richmond Omni Hotel
100 South 12th Street
Richmond, Virginia

Day 1 Friday, May 21, 2004

- 8:00-9:00 am Registration
- 9:00-9:30 am Welcome and Opening Remarks
Robert B. Stroube, M.D. M.P.H.
State Health Commissioner
- 9:30-10:30 am The Many Faces of Arthritis
Teresa J. Brady, PhD,
Centers for Disease Control and Prevention
- 10:30-11:00 am Break and Visit Educational Exhibits
- 11:00-12:00 am Treatment Options -
Break Out 1 (Select one)
- Track 1 - Alternative Therapies
Carol Pontzer, MD, National Institutes of Health
- Track 2 - Drug Therapies, Current Treatments,
Sean Whelton, MD, Georgetown University, Washington, DC
- Track 3- When to Recommend Surgery
Daniel Carr, MD, Virginia Orthopedics and Sports Medicine
- 12:30-1:30 pm Lunch and Educational Presentation
Where Do We Go From Here
Amye Leong, Internationally
Recognized Author "Get A Grip"
- 1:45-2:30 pm Activity Breakouts 1 (Select one)
Aquatics - Mary Essert, BA ATRIC,
Yoga for people with Arthritis - Nora Pozzi
Physical Activity: The Arthritis Pain Reliever - Sheila Ward, PhD
Tai Chi - John Frett
- 2:45-3:30 pm Activity Breakouts 2 (Select one)
Aquatics - Mary Essert, BA ATRIC,
Physical Activity: The Arthritis Pain Reliever - Sheila Ward, PhD
Tai Chi - John Frett, Richmond, Virginia
- 3:30-4:00 pm Break and Visit Educational Exhibits
- 4:00-5:00 pm Treatment Options - Break Out 2 (Select one)
- Track 4 - Alternative Therapies
Carol Pontzer, MD, National Institutes of Health
- Track 5 - Drug Therapies, Current Treatments,
Sean Whelton, MD, Assistant Professor of
Rheumatology, Georgetown University, Washington, DC
- Track 6- When to Recommend Surgery
Daniel Carr, MD, Virginia Orthopedics and Sports Medicine
- 5:30-7:00 pm Networking Reception
and Visit Educational Exhibits

Day 2 Saturday, May 22, 2004

- 8:45-9:00 am Welcome Remarks -
Ramona Dawn Schaeffer, MSed, CHES
- 9:00-10:00 am A Closer Look atJuvenile Arthritis
Track 1 - Harry Gewanter, MD. Pediatric Rheumatologist
The Invisible Disability: Fibromyalgia
Track 2 - Mary Essert, BA ATRIC
- 10:00-11:00 am Nutrition
Track 1 - Eating Well, Living Well with Arthritis
Maureen L. Storey, PhD Virginia Polytechnic Institute,
Alexandria VA
Arthritis Foundation Model Programs
Track 2 - Arthritis Self Help Course, ASHC
People With Arthritis Can Exercise (PACE) AF Aquatics
- 11:00-11:15 am Break
- 11:15-12:15 pm More Experts at Your Service - Break Out
Track 1 - Assistive Technology for Home, Work and Living
Robert Krollman, MS. CRC, NCC
Track 2 - Getting through the System -Everyday Information
Thomas D. Johnston, Esq. and
Espthonia Owolabi, Social Worker
- 12:30-2:00 pm Lunch and Closing Session
Discussion: Your Treatment Questions Answered
Moderator, Frank L. Brown, M.D.

First 50 registrations will receive a free pedometer

Hotel Information:

The Living Well With Arthritis: You Can Symposium will be held at the Richmond Omni Hotel, 100 South 12th Street, Richmond, Virginia, with a conference rate of \$80.00 plus taxes per night. The Omni's compliant rooms are included in our room block. The Omni will reserve these on a first-come, first-serve basis. Please call the Richmond Omni directly at 1-800-843-6664 to make your reservations.

Course Registration Form

Living Well with Arthritis: You Can
A Two-Day Community Education Symposium
Richmond Omni Hotel, Richmond, Virginia
May 21-22, 2004

Please Check: Cost
☐ Physician Fee \$120.00
☐ All other attendees \$ 75.00

Please indicate your payment method:
☐ check enclosed ☐ money order enclosed
☐ purchase order # _____

Please mail completed registration form with payment to:
Virginia Arthritis Task Force
Virginia Department of Health
109 Governor Street 10th Floor
Richmond, Virginia 23219

If you need special or personal accommodations for the conference, such as interpreters, or alternate formats, e-mail Holly.Tiller@vdh.virginia.gov or for more information call 804-864-7877

For Information call: 804-864-7877 FAX 804-864-7880

Please PRINT or type your information as you would like it to appear on your name badge.

Last four digits of Social Security number _____

First Name Last Name

Address

City, State, Zip

Phone Fax

E-mail

Break-Out Sessions Day 1

☐ Track 1 ☐ Track 2 ☐ Track 3 (Select one)
☐ Track 4 ☐ Track 5 ☐ Track 6 (Select one)

Break-Out Sessions Day 2

☐ Track 1 ☐ Track 2 (Select one)

☐ Check if Vegetarian Meals are required.

Registration Deadline: Friday, April 30 2004.

The registration fee includes all handout materials, lunch, breaks, and professional continuing medical credits and continuing education credits as applicable.

I am requesting credit hours for:

☐ Continuing Education credit for ☐ R.N. ☐ CHES ☐ R.D.
☐ P.T. ☐ O.T.

An application for CEU's has been submitted to the Virginia Nurses Association.